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Post-Operative Instructions: Cochlear Implant Surgery

1. Keep head-wrap dressing in place for 48 hours. OK to remove afterwards.
2. You may wash your hair after the head-wrap dressing has been removed. Until then, avoid getting your head wet. You can wear a shower cap to keep the dressing clean and dry when showering.
3. Keep your head elevated with several pillows when lying down for 2 weeks following surgery. If you wear a CPAP machine, ask your surgeon when you can resume using it.
4. Do not blow your nose until it is cleared by your surgeon. Any accumulated secretions in the nose may be drawn back into the throat and spit out if desired. The nose may be gently dabbed with tissue paper. This is particularly important if you catch a cold. You should follow this precaution for 4 weeks following surgery.
5. Do not “pop” your ears by holding your nose and blowing air through the Eustachian tube and into the ear.
6. Sneeze with your mouth open to relieve pressure and to avoid sudden pressure changes in your ear.
7. It is not uncommon to notice drainage from the ear canal. This is related to the cleaning solution used during surgery and is not an infection. Gently clean your ear canal with a cloth. Avoid using Q-Tips or inserting anything inside the ear canal.
8. Apply a small amount of ointment onto the incision (with either Mupirocin antibiotic ointment or plain Aquaphor ointment) twice a day until it has healed. Do not use Neosporin or triple antibiotic as this can cause irritation. The sutures are dissolvable and will fall out on their own.
9. Avoid bending or heavy lifting (over 20 pounds) for three weeks following surgery.
10. You may experience popping, clicking, or other sounds in the ear. Tinnitus (noise in your ear) may worsen temporarily after surgery. Your ear may also feel full. Occasional sharp shooting pain is not unusual. At times, it may feel as if there is liquid in your ear.

11. You may experience jaw pain when chewing. This is related to manipulation of one of the chewing muscles during surgery and should improve with time.

12. Driving is permitted when you are no longer taking the prescribed pain medication or experience dizziness or fatigue. Avoid flying for at least 4 weeks and only after you receive clearance from your surgeon.

If you have any questions or concerns following this procedure, please call our office at (904)880-0911